

FUNCTIONALS FOODS

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OBJECTIVES

The main objective will be to provide information on functional foods by relating them to their beneficial nutritional effects or in relation to health by collecting information from numerous sources..

1

FUNCTIONAL FOOD

Origin

Consumption

Legislation

2

AREAS OF INTEREST FOR FUNCTIONAL FOOD

- Early development and growth
- Regulation of basics metabolic processes
- Defense against oxidative stress
 - Cardiovascular physiology
 - Gastrointestinal physiology
 - Cognitive and mental performance
- Physical performance and fitness

3

FUNCTIONAL COMPONENTS

Probiotics
Prebiotics
Dietary fiber
Vitamins and minerals → **DENSIA**
Antioxidants
Fatty acids: Omega 3 → **PULEVA**
OMEGA 3
Conjugated linoleic acid (CLA)
Phytoestrogens
Phytosterols → **DANACOL**
Bioactive peptides

CONCLUSIONS

- Personalized diet to the genotype of each individual person.
- More research is needed to delve into the mechanisms of action of each active substance.
- No product will replace a healthy diet, so if the diet is varied and balanced it is already functional.
- Functional foods don't cure or prevent any disease on their own by themselves and are not essential.
- The functional food market is growing as well as its demand although it is a world that still needs to be explored a lot.